

The Science of Soups

By ANNA W. MORRISON

PURPOSE OF SOUP IS TO PREPARE STOMACH

For the Heavier Foods of the Meal—Consommés for Dinner, Purées for the Luncheon—When Unexpected Company Arrives

UNDER the head of quick soups is the long list of delicious cream soups which may be prepared without meat, but which are better-flavored if meat stock is used for their foundation. Instead of water, as the object of preparing a meal with soup is to warm and prepare the stomach for the heavier foods that are to follow, the cream soups are the accepted ones for dinner, the cream variety usually finding place on the luncheon-table.

If the housekeeper is a good provider and thrifty she will always keep at hand a bottle or can of some standard bouillon or beef extract with which to build up a quick soup for the meat dinner if unexpected company arrives. A dish of soup helps out wonderfully when this happens, and many a meal has been saved when the housekeeper has discovered such an aid, after frantically searching the larder for something to stretch out the left-over roast that was to do duty for just the family.

When making a tomato cream soup, sometimes called "bisque," care should be taken to place a piece of baking soda in the tomatoes before adding them to the milk, as the soda will neutralize the acid in the vegetable which causes the milk to curdle and ruin an otherwise delicious dish. For a cupful of strained tomato a piece of soda about the size of a French pea will be sufficient, as too much will also ruin the soup.

Care must also be taken not to scorch the milk, and to prevent this happening the wise woman will prepare her cream soups in a double boiler. Especially is this advised when the cook has several other matters to attend to when the milk is becoming hot.

A puree soup is thicker than a simple cream soup. The former should never precede a dinner consisting of meat, vegetables and dessert, but may be used when the dinner consists of pick-ups and there is need of a nourishing soup. Like everything in successful cooking, good materials and care in preparation are necessities.

The formulas given here are sufficient for four people:

Tomato Soup. Place one level teaspoonful of butter in a saucepan, and when it bubbles stir in one rounding tablespoonful of flour and mix to a smooth paste; then pour in gradually, while stirring constantly, two cupfuls of strained tomato and two cupfuls of boiling water, to which has been added a teaspoonful of beef extract, stirred until dissolved. Cook for not less than ten minutes, which will prevent any taste of raw flour; add salt and pepper to suit and then serve. If the taste of onion is liked, a small one may be sliced and browned in the butter before adding the flour.

Tomato Cream Soup. Place a pint of milk in a double boiler, and when it is scalding hot stir into a saucepan one level teaspoonful of butter and two level teaspoonfuls of

flour smoothed to a paste; cook until the milk is creamy then return to the double boiler to cook until the mixture coats the spoon instead of running off; then add two cupfuls of strained tomato. Salt and pepper to suit.

Baked Bean Soup. Press enough baked beans through a sieve to measure one pint, then add one quart of hot milk. Fry a medium-sized onion, peeled and sliced, in a little butter until it is tender, but not browned; then add to the soup and cook for ten minutes, counting from the time it becomes hot. Serve with small cubes of stale bread browned in hot butter.

Asparagus Soup. Cut off the heads of twelve stalks of asparagus that are to be used as a vegetable for dinner. Clean the stalks and cut them into small pieces, cover with a quart of water and boil for five minutes; then throw away this water. Cover the asparagus again with



Some Necessary Commodities for Quick Soups—Tomatoes, Rice, Salmon, Onions, Garlic. A Chafing-Dish Is Useful for Useful for this Work.

Thick Soups Served with a Hard-Cooked Egg Yolk or Sippets of Bread.

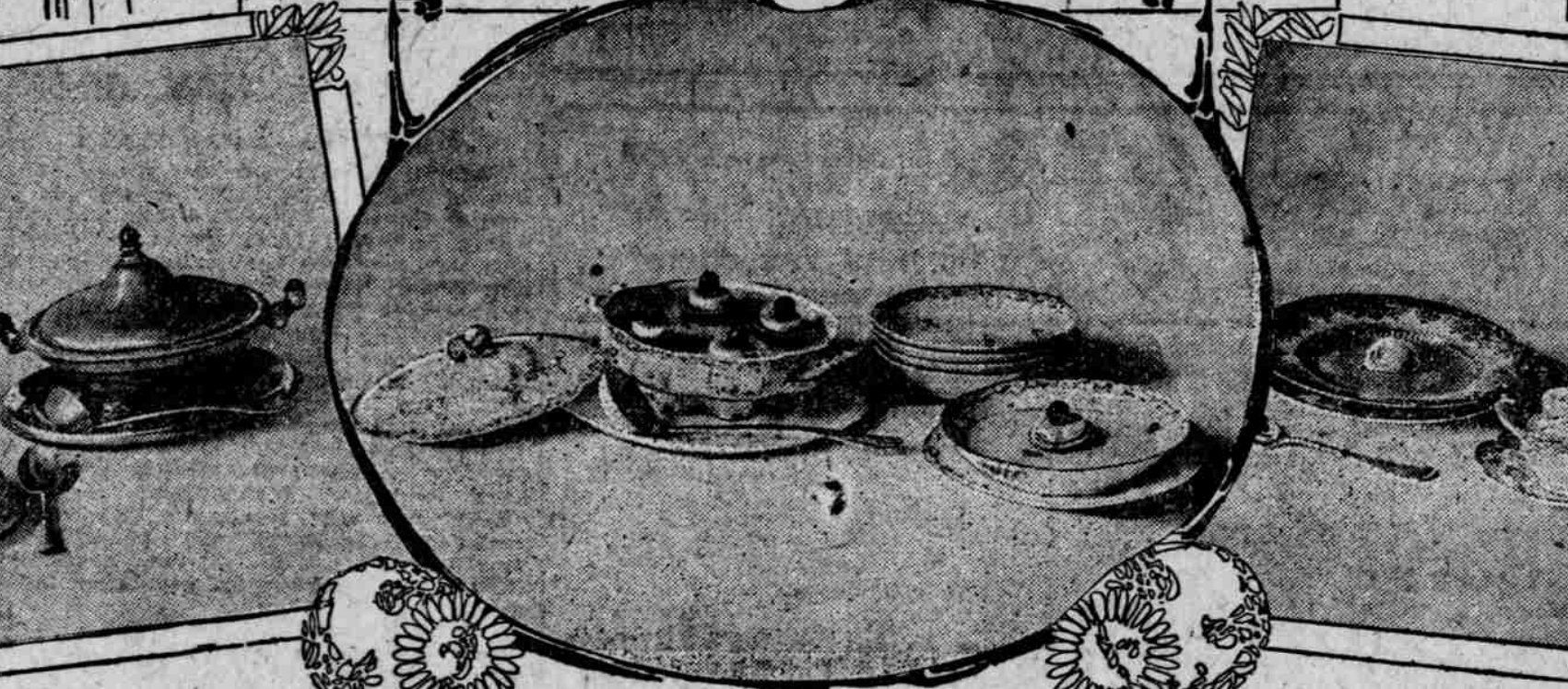
Cream of Pea Soup. Press enough canned or freshly-cooked peas through a sieve to measure one cupful; then add one pint of hot milk and one cupful of boiling water, to which has been added a teaspoonful of beef extract. Cook until quite hot, then add one tablespoonful of flour and one tablespoonful of butter mixed to a smooth paste, and cook for fifteen minutes longer.

Cream of Clam Soup. Cover a dozen clams removed from

one tablespoon of beef extract until the latter dissolves; then add celery salt and paprika to suit, and cook in this any left-over vegetable at hand. Strain free from the vegetables when serving. A French soup may be gained at a moment's notice in this manner by simply adding to the beef broth a few drops of onion juice or a teaspoonful of the grated onion, a teaspoonful of minced

Clear Beef Soup. Stir into one quart of boiling water

cut into small pieces, into a dish and cover with one and one-half pints of milk; cook for thirty minutes. In the meantime cook the potatoes in water until tender, using just enough water to cover. When the leeks have cooked the time allowed, strain the milk. When the potatoes are tender pass them and the water in which they were boiled through a sieve and add to the milk. If there is more than half a pint of the potato water left drain it off until only this amount remains. Season with butter, pepper and salt, and



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a quart of boiling water and cook until tender; take the pieces out and press through a sieve into the water used for boiling. Add to this strained vegetable liquor one pint of milk, and when scalding hot stir in one tablespoonful of butter rubbed to a smooth paste with two tablespoonfuls of flour; then cook until creamy, stirring constantly. Season with salt and pepper. Pour into a hot tureen, place slices of lemon over the top, then place on these slices of hard-cooked eggs and pimientos. This garnish may be omitted, excepting when an extra company dish is needed.

the shells with cold water and bring to the scalding point; remove the clams and reserve them for a salad or other use. Strain the liquor and pour it gradually into a pan in which has been melted two level tablespoonfuls of butter and two level teaspoonfuls of flour, mixed to a smooth paste. There should be a pint of clam liquor. When it becomes thick stir in a pint of hot milk, and cook for ten minutes. Season with pepper. The clams will make it salt enough. For company serve the soup in cups and top each with a spoonful of whipped cream, in which place a bit of sour pickle or an olive or a pimiento.

Leek and Potato Soup. A five-cent bunch of leeks, three medium sized potatoes cut into small pieces after paring, and one hard-boiled egg cut into slices, will be needed for this delicious soup. Place the leeks,

serve a slice of egg in each dish.

Spinach Soup. Prepare the milk and flour as for the bisque soup, and add one cupful of cooked spinach pressed through a sieve. Season with salt and pepper. If eggs are reasonable place a half or a whole hard-boiled egg yolk in the center of each dish when serving. The whites of the eggs may be reserved for other uses.

Puree of Potatoes. Boil and mash in two quarts of water four large white potatoes, one small cooked onion; press through a sieve

RECIPES FOR ALL KINDS AND TIMES

Vegetable Soups and Meat Soups—How to Make Tomato Purée Without Curdling—For Small Larders and Incomes

Cabbage Soup.

Fry brown in butter any left-over cabbage that has been cooked; cover with a quart of boiling water and cook for ten minutes; then press through a sieve. Thicken with a tablespoonful of flour and a tablespoonful of butter mixed to a paste, and cook for another ten minutes. If there is any left-over cooked tomatoes add half a cupful, or if the tomatoes are uncooked cook them with the cabbage and press all through a sieve. Add a cupful of hot milk or cream.

Rice Soup.

Suppose there is a cupful of cooked rice in the house. Put it to heat in a quart of milk; then press through a sieve and, after seasoning with salt, pepper and butter, add a teaspoonful of beef extract dissolved in boiling water. Or if there is any soup stock in the refrigerator, add a pint and use a pint of milk. Or the soup stock may be used entirely, leaving the rice whole.

Swiss Soup.

Pare and slice one turnip if large or

Carrot Soup.

After scraping, cook one large or two medium-sized carrots until tender, cutting them into slices to do the work quickly. Press the vegetable through a sieve and add this pulp to a quart of milk thickened as given above.

Macaroni Soup.

Sometimes there is neither stock, beef extract or milk in the house, but a little left-over gravy. Dishes made with boiling water to the right consistency, then season with salt, pepper and butter. Cook a little macaroni or vermicelli in boiling water until perfectly tender; when it is drained and rinsed in cold water to take off the starchy sediment, cut it into small pieces and cook in the soup for a second. Or if there are other left-over vegetables cut them into neat pieces and add instead of the macaroni.

Cream of Egg Soup.

Make the foundation as for the tomato bisque, omitting the tomatoes. Boil four eggs until run, then press through a sieve and add to the hot milk. Season with paprika and salt.

Cream of Barley Soup.

Soak two tablespoonfuls of barley, drain and cover with fresh boiling water and cook for three hours. Then strain. Put one pint of milk and one pint of real soup stock to boil; add the barley and season with salt and pepper. Beat two egg yolks together and pour into a tureen, then pour in the hot soup.

Macedoine Soup.

Take the unused parts of any left-over vegetable and run them through a sieve. Boil two potatoes, unless there are some cooked; fry one onion brown and chop it very fine. Put all the vegetables in a plenty of water, when it is boiling hot add one pint of hot milk; season to taste and serve in a tureen. The bread is fried in it, or float toasted crackers on top.

Salmon Soup.

Make a cream foundation as for the tomato bisque, then add a half cupful of canned salmon pressed through a sieve. Serve with sliced lemons on top of the soup. Lobster may be substituted for the salmon. The best result is obtained if the soup is served brown in deep hot fat with these soups.

HOW HINDUS COOK THEIR VEGETABLES

Every Bit of Nourishment Secured by Methods of the Indian Chef—Recipes Most Palatable and Wholesome

By SAINT NIHAL SINGH

TRAVELERS who have sojourned in India for any length of time, and even those who have read of the vegetarian customs of Hindoostan, express pity for the poor East Indians who must, perform, live, without eating meat. But the Hindus themselves, when they come to America, in their turn pity the people of this country who are forced to eat so much meat, because they do not know how to properly prepare vegetables.

The primary reason why the Hindu can subsist comfortably on a strictly vegetarian diet is that he cooks his vegetables in such a manner that he secures all the nourishment there is in them. On the contrary, the Occidental boils all the essence or life out of the vegetable and throws it away, retaining the mere waste for food. It stands to reason, in view of this, that the American would find difficulty in securing sufficient nutriment from vegetables alone to satisfy his hunger and keep his body in perfect physical condition.

The reason why the Hindus never hanker after meat is that they delicately flavor and deliciously season their vegetables. They cleverly combine, in infinite variety, the flavors of the most commonplace condiments, producing the finest gastronomic results, which tickle the most jaded taste.

To tell all the ways in which the Hindu cooks his vegetables would require a good-sized book; but the following recipes will give an insight into the methods of the cook of India. These suggestions, supplemented with the native genius of the cook, ought to enable her to prepare almost any vegetable a la Hindu.

Lentils and Tomatoes. Soak one cupful of lentils overnight

in a pint of water, or, if you forget to put them to soak the night before, pour boiling water over them in the morning and let them stand in it, covered closely, until you are ready to use them. Melt one tablespoonful of butter in a saucepan and put the lentils in it, reserving the water in which they were soaked. Let the lentils fry in the butter, stirring them often, until they begin to brown, then add the water in which they were soaked, one cupful of tomatoes, one teaspoonful of salt and cayenne pepper to suit the palate. A small onion, shredded fine may be added, if preferred. Cook until the lentils are thoroughly tender, so they will readily crush between the thumb and finger. If necessary, more water may be added, using but a small quantity, in order that the liquid may be boiled down to a thick gravy when the lentils are cooked.

By way of variety, grind the skins from the lentils before they are cooked after they are soaked, by rubbing them briskly between the palms of the hands. Flush them with plenty of water and pour it off quickly, carrying away the skins with it, since they are lighter than the lentils and remain at the top. If onions are used, they may be cut up and fried a golden brown, and season with salt and cayenne pepper. Cook until all the liquid has boiled away. Test

the peas between the thumb and finger if they crush easily, they are done.

Split Peas and Tomatoes. When the peas are about done, add one cupful of tomatoes. Cook until the peas are tender, and the liquid has all evaporated.

Eggplant with Tomatoes. Peel the skin from a medium-sized eggplant and cut it in cubes about an inch square. Melt one tablespoonful of butter in a saucepan and add to it the eggplant, one cupful of tomatoes and one small onion chopped very fine (if desired). Season with salt and pepper, ground cloves, nutmeg, ginger, mustard and cinnamon. Cook until the eggplant is thoroughly soft.

Eggplant with Potatoes. Peel a raw eggplant and cut it up in cubes about an inch and a half in size. Cut an equal portion of raw potatoes in somewhat smaller cubes. Put the two together in a saucepan in which two tablespoonfuls of butter have been melted, add one pinch each of ginger, cloves, nutmeg, allspice, turmeric, cinnamon, one-half teaspoonful of cayenne pepper, and salt to suit the taste. Cover the pan closely and let the vegetables cook in the water generated from their own steam. If all the moisture is evaporated before they are quite done, turn the cover upside down so the hollow part will be outside, and pour cold water into it. As soon as the water in the cover becomes hot empty it and refill with cold water. This will cause enough steam to be condensed within the pan to finish cooking the vegetables without adding any water.

Savory Cabbage with Potatoes and Ginger. Slice a medium-sized Savory cabbage in fine shreds. Pare two medium-sized potatoes and cut them in inch cubes. Put the two vegetables, dripping wet, in a saucepan in which two tablespoonfuls of butter have been melted. If it is possible, finely chop about three inches of green ginger root and add it to the cabbage and potatoes. If the green ginger cannot be had, use one-half teaspoon of ground ginger instead. Season with salt and cayenne pepper to suit the taste, one teaspoonful of curry powder, a pinch each of ground allspice, cloves and cinnamon. Cover the pan closely and let the vegetables cook in the liquid generated by their own steam. Stir once in a while, so as to thoroughly mix the spices with the vegetables. It will not be necessary to add water in order to cook them perfectly tender, if the lid of the pan in which they are cooked fits perfectly tight over it.

Curried Potatoes. Cut two large potatoes in cubes about an inch square and place them in a saucepan in which one tablespoonful of butter has been melted. Season with salt and cayenne pepper to suit the taste, and one teaspoonful of curry powder. Stir thoroughly, so the condiments are well mixed through the potatoes, and then add one pint of hot water, leaving enough liquid on them to form a sort of gravy or sauce when they are cooked.

If milk sauce is preferred, pour one-half cupful of milk in a bowl and add an equal amount of cold water. Blend with this two teaspoonfuls of flour so there are no lumps left. The East Indian would stir in the flour with his fingers. Pour this mixture over the potatoes and let them cook in it until the quantity of liquid is reduced about one-half.

Curried Carrots. Cut up in inch cubes as many carrots as may be required. Put them, dripping wet, into a saucepan in which one tablespoonful of butter has been melted. Season them with cayenne pepper and salt to suit the taste, and one teaspoonful of curry powder; or, lacking the curry powder, use a generous pinch each of cinnamon, cloves, allspice, ginger and turmeric. Cover the pan closely so no steam can escape and let the carrots cook until tender in the moisture generated from their own steam. If necessary, a very small quantity of water may be added; but there must be no liquid on the carrots when they are through cooking.

The French windows of the large living room opened upon a balcony from which one looked down into the billowy tops of trees and across upon miles of city landscape. There was a library, with the same view.

A handsome staircase swept in a pleasing curve to the bedroom floor above. Spacious sleeping apartments, with their bathrooms, were grouped about a hall of no mean dimensions. Here, in a word, was a complete individual home, laid out, decorated and equipped to the liking of its occupants, though attic there was none and cellar there was none. The front facade, a broad avenue, the rear a court. This home was a duplex apartment, as the two-story apartments are characterized, and it was situated in the midst of a great dwelling, being one of seventy-five separate apartments.

The owners or stockholders of co-operative apartments unite to build the structure, reserving for their individual use the space they desire and arranging their respective dwellings to suit themselves. The larger part of the building is occupied by apartments which are rented, the income from these paying the fixed charges and running expenses of the entire establishment, thus, in a successful house, leaving the stockholders in possession of their

apartments rent free. In other words, the stockholders get their dividends in the shape of free or largely reduced rentals.

A duplex apartment briefly described in the foregoing is one of the stockholders' apartments of Harper Hall, in New York city, of which Wallace Irwin, the humorist and poet, and H. W. Wilkinson, an architect of distinction, are among the originators and owners.

Within these fetching walls are homes of several descriptions—duplex apartments, housekeeping apartments of varying numbers of rooms, and bachelor apartments with two rooms each. In addition to steam heat and electric light is the modern refrigerating service, which keeps the refrigerator in each apartment as cold as three hundred pounds of ice can make it, and a series of cold storage lockers in the basement, one for each family, for the keeping of vegetables, wines, etc.

There is a valet service and a maid service, which, of course, cost extra, and there are extra guest rooms, with baths, which tenants may hire for their visitors; also extra servants' rooms, for hire. Of course there is a restaurant for the families who do not "housekeep."

I SAW a home the other day which is an expression of the last word in home building in the United States. It was an eleven-room "house," with downstairs and upstairs, dining room and kitchen, bedrooms and baths, servants' rooms and all. The French windows of the large living room opened upon a balcony from which one looked down into the billowy tops of trees and across upon miles of city landscape. There was a library, with the same view.

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LATEST IN FLATS

Co-Operative Apartments Make Ideal Homes for Comfort and Happiness

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RULES OF WEDDINGS

Plans Should Be Made in Accordance with Income of Bride's Parents

IN making wedding plans a bride-elect and her parents must remember that there are absolute laws of strict etiquette to be observed. These rules are based on the proprieties of life, and they require that the bride's family shall pay all the expenses of the wedding—trousseau, invitations, carriages, collation—everything connected with the wedding. The bridegroom is not allowed to pay for anything but the ring, the fee to the clergyman, a gift and a bouquet for the bride, bouquets or presents to bridesmaids and presents to the best man and ushers.

If the income of the bride's parents is small, the wedding plans should be made in accordance with it. The very simplest wedding in the presence of

only father, mother and clergyman, with the bride in a plain traveling dress, is perfectly dignified.

A sensible girl will not involve her parents in expenses which they cannot afford. She will prefer to have very few friends at the wedding, and to leave only after receiving informal congratulations and after partaking of simple refreshments, rather than attempt an imitation of expensive and elaborate weddings she has seen or heard about.

The rapid change of fashions makes advisable for a bride-elect to have only a sufficient number of dresses for a season. A girl is wise who saves an amount of money for future expenditures for dress.

If there are to be bridesmaids they are chosen among intimate friends. If the bridegroom has a sister she is expected to provide a list of those to whom he wishes invitations sent. Necessarily the number is limited, as guests invited to a home wedding, unless a house is very large.

A strict rule is that a bride-elect should write a note to every one who sends a gift. If she makes the effort to write promptly, before the feeling of pleasure in the gifts has subsided, her notes will be spontaneous and appreciative.

A bride gives presents to her bridesmaids and a gift to the bridegroom. His gift to her is usually a jewel of some sort.

At country weddings, when friends are expected by train, conveyances are expected to be on the arrival of the train and to take them to the train when leaving.

ON THE WAY.

BY EMMA C. DOWD.

A crystal light illumines land and sea; The red rose rivals all the belles of bloom; Voices of rapture break from wood and lea; A web of color fills the garden loom; The sun dops golden gladness from the sky; The breeze brews lifted nectar all the day; The ecstasy of living bubbles high— Oh, June the Beautiful is on the way!